



Healthy Steps

NEWSLETTER

SPRING 2010

DON'T FORGET...

We've gone GREEN! The Get Healthy Lake County quarterly newsletter has gone electronic. If you are still receiving this newsletter on paper, please send your e-mail address to ryeats@lakemetroparks.com to begin saving trees and minimizing landfill waste! If you do not have an e-mail address, you will continue to receive the newsletter by mail.

Step to This Spring Clean

by Deanna McGuire
Health Promotion Dietetic Intern, Lake Health

If the long winter months resulted in boredom, confinement, a spiral of unwanted weight gain, an exercise slump, or a decline in social activity, now's the time to spring into the season with a fresh start. Focus on a "life spring cleaning." Here are some tips to help you start.

8 Spring Cleaning Tips:



1. Meditate or Reflect. Try a quiet area, bath, or park. Or get a massage.

2. Try a New Recipe or Meal. Remember to keep it nutritious, low in fat, low in sugar, and high in fiber!



3. Get Outside. Take a brisk walk to breathe in the air and absorb the sunlight. Set up a birdfeeder or grab your camera and take some scenic pictures. You might even want to start gardening!



4. Try a new exercise such as Yoga, Pilates, PiYo, Zumba, or Kickboxing. Check out the fitness classes at Lake Health's Wellness Institute at TriPoint Medical Center. (For more information, see the note below.)

5. Add some color with house plants, a colorful fruit bowl, scented candles or a decorative accent.



6. Get together with friends. The more the merrier!

7. Complete an unfinished project or start a new one. This will bring a feeling of accomplishment.



8. Laugh and smile. Life is short!

Group Wellness Classes

The Wellness Institute, located in the Physician Pavilion at TriPoint Medical Center, Suite 201, is now offering Group Wellness Classes. Join us for a variety of ongoing wellness classes including Yoga, Sculpt and Stretch, Guided Relaxation, Zumba, and more. For the complete list of classes offered, go to <http://www.lakehealth.org/fitness-classes>.

COMING SOON: We will be offering outpatient Massage Therapy, Reiki, and Acupuncture. For more information and to register, call 440-373-8153.

Focus

A MATTER OF Balance

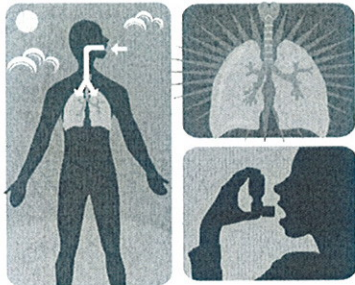
by **Tori Luyster** Lake County General Health District



Chances are good that you know a local senior who has fallen or who is afraid of falling. The Lake County General Health District can help. "A Matter of Balance" is a proven program designed to help people manage concerns about falls and increase their physical activity.

A Matter of Balance is conducted in 8 two-hour sessions and uses group discussion, problem solving strategies, videos, and gentle physical exercise. Older adults learn positive coping methods to reduce their fear of falling and remain active and independent.

Participants become more confident about managing falls by gaining strength through regular exercise, finding ways to reduce falls, and protecting themselves if they do fall. For more information, call LCGHD at **440-350-2451**.



BREATHE EASIER

by **Dawn Cole** Lake County General Health District

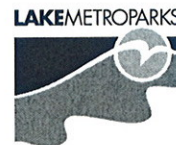
In 2005, the Lake County General Health District (LCGHD) and Lake Health performed a community health assessment and found that one in five households has someone who suffers from asthma. Two in five households has someone who suffers from allergies. In addition, statistics show that one in three of Lake County's third graders is overweight and one in ten is obese.

LCGHD recently received a grant for "Breathe Well, Breathe Free," a program aimed at reducing and preventing asthma and obesity in Hispanic,

African-American, and at-risk children that are typically underserved medically. The program will provide assessments, education, nutrition counseling, preventive health care assistance, funding, and materials aimed at reducing or eliminating these diseases.

If you or someone you know has a family member aged 18 and under who is affected by asthma or obesity and is Hispanic, African-American, or at-risk and would like to participate in the program, call LCGHD at **440-350-2451**.

GET HEALTHY
LAKE COUNTY
PARTNERS >>>>>



10,000 STEPS PROGRAM OPPORTUNITIES

April – June 2010

DATE	ACTIVITY	LOCATION	COST	REQUIREMENTS	STEPS
Every Tuesday & Thursday, 1 – 4 pm	Walking on the YMCA track/trails	All Lake County YMCA locations	FREE	Get Healthy Lake County Membership	Varies
Monday – Saturday, 8 – 9 am Sunday 9 – 10 am	Mall Walking	Great Lakes Mall, Mentor	FREE	NONE	Varies
Weekly hikes, Saturdays 8 – 10 am	Starbucks Saturday Morning Caffeine Hikers	Various locations	*Fee: \$10	Ages 18 and older	10,000
Weekly hikes, Tuesdays 10 am – noon	Hiking Seniority	Various locations	*FREE	Ages 50+	6,000
Weekly hikes, Tuesdays 1 – 2 pm	Senior Trail Trekkers	Various locations	*FREE	Ages 50+	3,000
Second & fourth Fridays of each month	Country Dance	Painesville Township Park	\$6 at the door	Ages 18 and older	10,000
Second & fourth Saturdays of each month	Ballroom Dance	Painesville Township Park	\$6 at the door	Ages 18 and older	10,000
APRIL					
Sunday, April 11, 1:30 – 4 pm	Gorge Hike	Penitentiary Glen	*FREE	All ages (younger than 18 with adult)	6,000
Saturday, April 24, 1 – 3 pm	Off the Beaten Path Hike	Penitentiary Glen	*FREE	Ages 8 and older (younger than 18 with adult)	7,500
MAY					
Sunday, May 2, 10 am – 1 pm	Season Opener Mexican Bike Ride	Los Compadres, Madison	*FREE: \$15	Ages 16 and older	13,200
Sunday, May 16, 10 am – noon	Ledgerock Hike	Chapin Forest Reservation – Ledges	*FREE	All ages (younger than 18 with adult)	2,000
Saturday, May 22, 1:30 – 4 pm	Gorge Hike	Penitentiary Glen	*FREE	All ages (younger than 18 with adult)	6,000
Friday, May 28, 6 – 8:30 pm	Memorial Sunset Bike Ride	Veterans Park	*Fee: \$10	Ages 16 and older	8,500
Saturday, May 29, 1 – 3 pm	Off the Beaten Path Hike	Penitentiary Glen	*FREE	Ages 8 and older (younger than 18 with adult)	7,500
JUNE					
Friday, June 11, 7 – 8:30 pm	Intro to Kayaking 101: Beginner Level	Fairport Harbor Lakefront Park	*Fee: \$15 w/kayak rental, \$5 without rental	Ages 12 and older	6,000
Saturday, June 12, 9 am – 2 pm	Wheeling & Dealing Garage Sale Bike Ride	Painesville Township Park	*Fee: \$15	Ages 16 and older	12,000
Friday, June 18, 7 – 8:30 pm	Intro to Kayaking 101: Beginner Level	Fairport Harbor Lakefront Park	*Fee: \$15 w/kayak rental	Ages 12 and older	6,000
Saturday, June 26, 9 am – 1 pm	Erie Morning Harbor Bike Ride	Arcola Creek Park	*Fee: \$15	Ages 16 and older	12,000
Saturday, June 26, 9 – 10:30 am	Intro to Kayaking 101: Beginner level	Fairport Harbor Lakefront Park	*Fee: \$15 w/kayak rental, \$5 without rental	Ages 12 and older	6,000

***REGISTRATION REQUIRED. TO REGISTER, PLEASE CALL THE LAKE METROPARKS REGISTRATION OFFICE, 440-358-7275 OR 1-800-669-9226.**

LAKE METROPARKS TRAILS

Free and open to the public!

LOCATION	TRAIL	STEPS
Chapin Forest, Kirtland	Lucky Stone Loop Trail	4,200 Steps (2.1 miles)
Penitentiary Glen, Kirtland	Kirtland Connector Trail	8,400 Steps (4.2 miles)
Concord Woods, Concord	Woodland Loop	1,500 Steps (.75 miles)
Girdled Road Reservation, Concord	Big Woods Loop	4,200 Steps (2.1 miles)
Greenway Trail, Painesville	Greenway Round Trip	22,000 Steps (11 miles)
Hogback Ridge, Madison	Hemlock/Bluebell Trail	3,000 Steps (1.5 miles)
Indian Point, Leroy	Lookout Ridge Trail	2,125 Steps (1.1 miles)
Chagrin River Park, Willoughby	Riverwood/Brambleside	2,500 Steps (1.25 miles)
Lakeshore Reservation, Perry	All Peoples Trail	1,250 Steps (.6 miles)
Veterans Park, Mentor	Cardinal Loop Trail	2,500 Steps (1.25 miles)

Latest News

CONGRATULATIONS TO:

Kathy Wyosky and Diane Shipley, the winners of the quarterly prize drawings for the first quarter of the year. Each winner received a Lake Health travel mug. To be eligible for the quarterly prizes, simply complete and return your step tracker log sheets by the date on the bottom of the sheet.

HERE'S A SNEAK PEEK AT THE UPCOMING 6 PM ACTIVITY/LECTURE SERIES:



APRIL 1:

Power Hiking: Andrea Pasquale, Lake Metroparks; Penitentiary Glen, 8668 Kirtland-Chardon Road, Kirtland; Wear appropriate clothing and footwear.

MAY 6:

Spinning Class 101: Lisa Popp, Central YMCA; 933 Mentor Avenue, Painesville; Wear appropriate clothing and footwear.



JUNE 3:

Rock Climbing: YMCA Representative; Perry Outdoor Family Center, Perry; Wear appropriate clothing.

To register for these activities, call the **Best of Health Line** at **440-953-6000** or **1-800-454-9800**.



7590 Auburn Rd.
Concord Township, Ohio 44077

INSIDE!
Your



Spring 2010 Newsletter
and Quarterly
Step Tracker Log!